



2024 Tokyo FULL Marathon Schedule

November 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12 16K Long Run	13	14 Let's GO! 10K Run – shake off the rust!	15	16 Let's GO! 10K Run – shake off the rust!	17	18 EASY 8K Easy Run
19 18K Long Run	20	21 1-2 Punch 6x 1minHD 2minEZ 2minHD 1minEZ	22	23 BUILD 3K EZ, 3K Med, 4K Strong	24 EASY 8K Easy Run	25
26 18K Long Run	27	28 SPEEDUP 2x5K Progress from EZ to FAST	29 BQ/PB 10-12K FLOAT Run	30 TEMPO 4K Easy, 4K Push the Pace		

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December 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 EASY 9K Easy Run	2
3 20K Long Run	4	5 HOUR Run Run as far as you can in 60 Minutes	6	7 The REID 3K + 45 Minutes of Rolling Hills	8 EASY 9K Easy Run	9
10 22K Long Run	11	12 1-2 Punch 6x 1minHD 2minEZ 2minHD 1minEZ	13 BQ/PB 12K FLOAT Run	14 PYRAMID 1,2,3,4,5.4,3,2,1 Hard then EZ	15	16 EASY 8K Easy Run
17 24K Long Run	18	19 SPEEDUP 2x5KProgress from EZ to FAST	20	21 HILLS 2-3K Plus 7 Hill Repeats	22	23 TEMPO 9K Tempo Run
24 16K Special	25	26 FUN RUN 45 Minute Run – Gravy Burner	27 BQ/PB 15K Build by 5K EZ, Med, FAST!	28 TEMPO 10K Tempo Run	29	30 EASY 8K Easy Run
31 26K Long Run						


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January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 HOUR Run Run as far as you can in 60 Minutes	3	4 PYLONS 2-3K Plus 3 Sets	5 EASY 8K Easy Run	6
7 28K Long Run	8	9 1-2 Punch 6x 1minHD 2minEZ 2minHD 1minEZ	10 BQ/PB 12-15K FLOAT Run	11 HILLS 2-3K Plus 8 Hill Repeats	12	13 EASY 9K Easy Run
14 30K Long Run	15	16 BUILD 3K EZ, 4K Med, 3K Strong	17	18 PYLONS 2-3K Plus 4 Sets	19	20 TEMPO 10K Tempo Run
21 16K Special	22	23 SPEEDUP 2x5KProgress from EZ to FAST	24 BQ/PB 15K Build by 5K EZ, Med, FAST!	25 HILLS 2-3K Plus 10 Hill Repeats	26	27 EASY 10K Easy Run
28 32K Long Run	29	30 Cut Down 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	31 EASY 8K Easy Run			

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February 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 PYLONS 2-3K Plus 4.5 Sets	2	3
4 35K Long Run	5	6 HOURRun Run as far as you can in 60 Minutes	7 BQ/PB 12-15K FLOAT Run	8 10-20-30 4K warmup 2x8Minutes	9	10 EASY 8K Easy Run
11 38K Long Run	12	13 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	14 BQ/PB 10K Flush out the legs run	15 10-20-30 4K warmup 2x10Minutes	16	17 EASY 9K Easy Run
18 20K Long Run	19	20 RacePace 7x1K @ Target Race Pace	21	22 EASY 9K Easy Run	23	24 EASY 8K Easy Run
25 12K Long Run	26	27 EASY 6K Run with 5 Accelerations	28	29 EASY 40 Minute Super Easy Run		

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March 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 JOG+ 3K Jog with 5 Accelerations
3 RACE!	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						